

Avoidant Restrictive Food Intake Disorder (ARFID)

A Two-Day Masterclass

When:

Wednesday 4th and Thursday 5th February 2026

Time:

9:30am - 4:30pm each day

Where:

Online via video-conferencing

Programme Facilitators:

Dr Pippa Hugo, Consultant Child and Adolescent Psychiatrist,
and Dr Jane McNicholas, Consultant Clinical Psychologist,
Joint ARFID Service Leads

Link to application form [here](#):

This Registration form will be activated on the 1st of December 2025

Background:

Avoidant restrictive food intake disorder, more commonly known as ARFID, is one of the 'feeding and eating disorders' in ICD-11 and DSM-5. It is a heterogeneous diagnostic category, which means that ARFID in one individual may take on a different presentation to ARFID in another. This can contribute to uncertainty around diagnosis and clinical management, which this course is designed to address.

Dr Pippa Hugo has dedicated her career to working with children and young people with eating disorders, and her experience has spanned a range of treatment settings. Dr Jane McNicholas, has extensive experience working with CYP eating disorders in inpatient and outpatient settings as well as working with complex, heterogeneous clinical presentations in other settings.

Aims of this Programme:

- To provide the background to the introduction of ARFID as a diagnostic category and its similarities and differences to other disorders.
- To provide the rationale for key components of clinical assessment; a structured approach to information gathering and formulation.
- To discuss risk assessment and prioritisation of input.
- To provide specific teaching and strategies on working with each of the known ARFID drivers, drawing on the emerging evidence base.
- To provide the opportunity to understand more about the role of dietetic and medical interventions in ARFID
- To provide case examples of treatment in practice illustrating the multi-dimensional nature of ARFID presentations.
- To provide an update of published findings to date - assessment, prevalence, and treatment.
- To consider implications for service development.
- To reflect on areas that require further study and work on ARFID currently underway.



■ What the Programme Offers:

The training consists of a two-day intensive programme including a combination of didactic and experiential components, with plenty of opportunity for questions and discussion. Illustrative examples will be discussed throughout.

Key Outcomes:

- Participants will understand, and where appropriate be able to make, a correct diagnosis of ARFID, to include being able to distinguish between ARFID and other clinical presentations with restricted eating.
- Participants will understand the rationale for, and as appropriate be able to apply, a structured approach to clinical assessment which delivers the information required to make a diagnosis of ARFID and to plan appropriate treatment.
- Participants will develop confidence in decision making regarding the use of optimally targeted treatment and management interventions in a range of settings.
- Participants will understand the heterogeneous nature of ARFID presentations and the relevance of tailored approaches to intervention.
- Participants will develop confidence and skills in working with the different drivers in ARFID, based on existing psychological models.
- Participants will understand the dietetic approaches and priorities in ARFID, along with the medical complexities that present in this heterogeneous group.
- Participants will acquire up to date knowledge about the published literature on ARFID.

Cost:

Two-day Masterclass

£400 per person – including online discount and materials.

Who can Apply:

This training is for CAMHS professionals and other healthcare professionals (e.g. Paediatricians, Occupational Therapists, GPs, etc.) who may come in contact with children and young people with ARFID in the course of their work.

To apply for a place on this training, please complete the registration form here: [ARFID REGISTRATION FORM](#)

Due to the expected high volume of registrations for this training, we may need to limit the number of available places by prioritising applicants based on their clinical setting and the order in which applications are received. Therefore, we strongly advise early booking to prevent any disappointment. The registration portal will be closed once we reach full capacity. Once all applications have been reviewed, we will be in contact with the outcome and payment instructions if granted a place.

Attending the Training:

This training will take place over video-conferencing. Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom.

To apply, please complete the registration form [here](#):

For further enquiries please email:

MCCAEDTraining@slam.nhs.uk

Training Admin Coordinator: Carlisha Taylor

Training Manager: Stamatoula Voulgari, *Principal Systemic Family Psychotherapist*